January/February/March 1997 Volume 22, Number 1

A summary of recent news stories from the University of California San Francisco

UCSF

To Our Neighbors

UCSF, Stanford combine clinical services

The Bay Area has long been fortunate to have two of the world's best teaching and research hospitals — UCSF and Stanford — only 40 miles apart. Beginning July 1997, residents will once again benefit when the two institutions join to form a private nonprofit corporation to preserve Northern California's highest level of medical care, research, and education.

Both the UC Board of Regents and the Stanford Board of Trustees approved the formation of UCSF Stanford Health Care on Nov. 15.

The Regents' approval followed the declaration that the merger is a "sound business decision for UC" by an independent team of business and health care consultants, headed by F. Warren Hellman, general partner of a San Francisco–based investment firm. That team said that the merged enterprise would be in a better position than the current UCSF Medical Center to support the UCSF School of Medicine, to provide care for indigent patients, and to expand patient services and preserve jobs.

Under the governance plan approved in July by Regents and Stanford Trustees, the board will consist of 17 members. UC's six representatives are UC President Atkinson or his designee and two other Regents, the UCSF Chancellor, UCSF School of Medicine Dean Haile T. Debas, and one other member of the UCSF School of Medicine faculty. Stanford's representatives would be two Stanford trustees, Stanford President Gerhard Casper, Stanford School of Medicine Dean Eugene A. Bauer, one other faculty member of the Stanford School of Medicine, and one other person selected by the Stanford Trustees. The board also includes the chief executive officer, the chief medical officer and three independent directors.

The merger involves four hospitals — UCSF Medical Center, UCSF/Mount Zion, Stanford University Hospital, and Lucile Salter Packard Children's Hospital at Stanford — and related faculty practice plans and clinics.

The merger excludes faculty practicing at San Francisco General Hospital, the Veterans Affairs Medical Center and UCSF Fresno. The medical schools at each university will not be merged but will continue to rely on the merged medical centers as environments for teaching and research.

Here are answers to frequently asked questions about the merger.

Why can't UCSF and Stanford remain independent and profitable?

The managed care revolution changing the country's health delivery system hits academic medical centers especially hard. Under managed care, hospitals, doctors and other providers join together with health maintenance organizations or other business ventures to contract to care for large groups of patients. Managed care programs try to reduce costs while maintaining high-quality health care. Along with other economic challenges that pose special problems for academic health centers, including reductions in research funding and looming cuts in Medicare, the rapid changes and cost-cutting pressure threaten the survival of even the very best institutions.

What kinds of changes can current UCSF patients expect?

Except for the larger number of clinics available to them and the new name for the merged entity, patients who currently receive care at UCSF or Stanford probably won't notice much change at first. The facilities in each location would continue to provide a full range of services. UCSF Stanford Health Care will operate hospitals and outpatient practices in San Francisco, Palo Alto, and other satellite locations. The merger will allow UCSF physicians to continue to participate in the Brown & Toland Medical Group to provide primary care to San Franciscans.

How will the merger benefit the Bay Area?

The merger will allow UCSF Stanford Health Care to improve patient health in several different ways:

- The merged medical centers, faculty practice, and clinics would continue to serve as a court of last resort for those with difficult-to-diagnose rare conditions and diseases.
- UCSF Stanford Health Care would ensure continuing support for those with terminal diseases through experimental treatments.
- It would provide access to highly technical or specialized treatments such as neonatal intensive care, bone marrow transplants, or neurosurgery.
- It would offer medical care for poor and uninsured patients who depend on teaching hospitals.
- It would create new opportunities to conduct clinical research through the development of an increased patient base and a single information system.
- And it would serve as the "classroom" for those who will care for the next generation.

How will clinical services be strengthened?

The creation of a combined cancer center, for example, would improve the ability to develop and assess new diagnostic techniques and therapies, provide treatment to patients with rare cancers, strengthen cancer prevention and screening efforts, provide educational outreach, conduct epidemiological studies, and reduce the cost of cancer care.

How will the merger affect medical education?

The merger would provide a patient base large enough to ensure that medical students and residents acquire the hands-on training they need.

How can the University of California sell or give away public assets?

The merger does not involve the sale or give-away of public assets. The assets transferred to the new entity would continue to support UCSF's missions.

Funds generated by faculty members caring for patients at the merged enterprise would continue to flow to the UCSF School of Medicine. Clinical funds are used to support faculty salaries and for the recruitment of new faculty, for office and laboratory renovations, as seed money for new education or research programs, and to provide bridge money for faculty members facing gaps in research grants.

In the event the merged entity is dissolved, ownership of the merged entity's assets would be transferred to the UC Regents and the Stanford Trustees in accordance with a mutually agreed upon distribution plan.

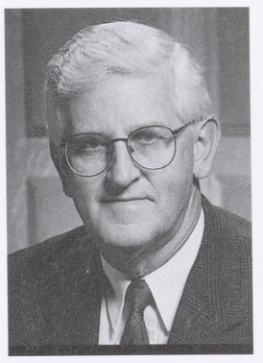
Does the merger require voter or legislative approval or an EIR?

No legislative or voter approval is contemplated at this time. Campus leaders have informed the mayor and members of the San Francisco Board of Supervisors and the State Legislature. No EIR is required at this time because the formation and capitalization of the corporation is exempt from the provisions of the California Environmental Quality Act. The formation and capitalization process would not result in any physical changes in the environment. Future developments or actions by UCSF Stanford Health Care may require further environmental review.

Will the merger result in many layoffs?

The streamlining expected as a result of the merger could result in some job losses — particularly among administrators — but on balance more jobs would be created than lost, according to the independent review team. Campus leaders have assured staff members that the merged medical centers would offer employment to at least 95 percent of all UCSF employees directly affected by the formation of UCSF Stanford Health Care.

Chancellor Martin resigns



Joseph B. Martin

Joseph B. Martin, MD, PhD, recently announced his resignation as chancellor of UCSF to accept the position of dean of the Harvard Faculty of Medicine effective July 1, 1997.

Martin has been chancellor of UCSF since July 1993, following four years as dean of the UCSF School of Medicine. "I have been privileged to preside over a continued steady ascent of UCSF as an international force in education and research," Martin said, adding that he wants to return to activities he loves most, such as working more closely with students.

An internationally recognized leader in neurological sciences, Martin's accomplishments at UCSF are many. In addition to the merger of UCSF and Stanford Medical Centers, Martin will leave UCSF with major progress or accomplishments in a number of areas. Among them:

- UCSF's first ever capital campaign completed in July, raised more than $550 million.
- New faculty recruitments and the completion of the cancer research building at the UCSF/Mount Zion campus will further the goal to create a National Cancer Institute designated Comprehensive Cancer Center at UCSF.
- The long range development plan is scheduled for review and approval by the UC Regents in January. See inside for details.

SFGH opens diabetes clinic

The UCSF Family Dental Center at San Francisco General Hospital has opened an Oral Health and Diabetes Outreach Clinic to help identify local residents with non-insulin dependent diabetes mellitus, particularly Hispanics who are two to three times more likely to develop the disorder.

Diabetes can cause heart attack, stroke, kidney failure, blindness, the loss of a limb, gum disease and premature loss of teeth. More than 1.5 million Hispanics in California are believed to have diabetes and about half of them remain undiagnosed, says Nelson Artiga, DDS, MPH, director of the dental center and a UCSF professor of dentistry.

"At the UCSF Family Dental Center, we already have been able to identify and refer some patients with diabetes on the basis of some very simple tests. These are routine screenings that we hope all dentists will perform in the future," Artiga says.

The clinic is open Wednesday mornings. For an appointment, call 415/476-5692.

Mission Center open for child care

Lisa Cisneros

The newly remodeled UCSF Mission Building Child Development Center, which opened its doors to the public in June, is currently enrolling children aged 2-5 for a program that emphasizes early learning. Located at 1855 Folsom St., the center is run and operated by UCSF Child Care Services weekdays from 7:30 a.m. to 5:30 p.m. For more information, call 502-7696.

More news for you
on the back page

What's happening

To Our Neighb
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Special Events

Martin Luther King Jr. Week. UCSF celebrates the life and work of civil rights leader Martin Luther King Jr. with free events sponsored by the MLK Commemoration Committee and the Women's Resource Center. Call 476-5222 for a full schedule of events.

- A UCSF faculty member, staff member and student will be awarded for promoting mutual respect, understanding and appreciation for the cultural and ethnic diversity on campus at a ceremony slated for Tuesday, Jan. 21, HSW 302, 12-1 p.m.
- "Reassessing the Dream," a lecture by UC Berkeley professor of sociology Harry Edwards is on Wednesday, Jan. 22, N 225, 12:10-12:50 p.m.
- "A Global Village Celebration" of music, dance and international food will be held on Thursday, Jan. 23 at the MU Conference Center, 5-8 p.m.

Women's Health 2000.

Robert Foothorap

Nancy Milliken, MD, speaks at last year's women's health conference

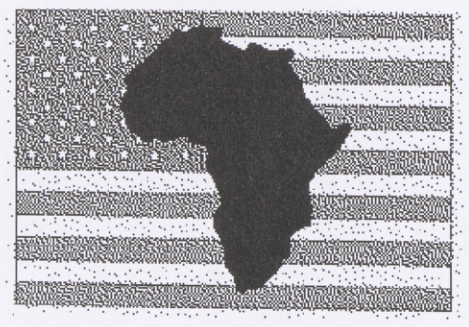
UCSF hosts "Challenges and Choices for Improving our Health," an all-day symposium on Saturday, March 8, which is geared for young women ages 13-18. Topics include alternative medicine, stress management and STDs. Sponsored by UCSF, the Obstetrics and Gynecology Research Foundation, and the UCSF National Center for Excellence in Women's Health. 513 Parnassus, 8 a.m.-4:30 p.m. Cost is $40 adults and $5 for teens. To register, call 408/535-0436.

Hospital Auxiliary Benefit. The Auxiliary sponsors the annual Easter egg hunt and shopping spree at FAO Schwarz on Saturday, March 22 to benefit UCSF patients. For more information and reservations, call 476-4906.

Black Heritage Month

UCSF celebrates Black Heritage Month with events co-sponsored by the Black Caucus and those noted below. Call 476-4410 or 661-4027 for more information.

- Thursday, Feb. 6 **Surviving and Healing Racism in the Workplace**. Sandra H. Smith, clinical psychologist, speaks about racial, cultural and gender differences in the workplace, from the individual and organizational perspective. N 217, 12:10-12:50 p.m. Free. Co-sponsored by the Women's Resource Center.
- Friday, Feb. 7 **African American Vendors Faire**. MCB Lobby, 11 a.m.-3 p.m.
- Wednesday, Feb. 12 **Bone Marrow Drive**. Co-sponsored by the Judie Davis Marrow Donor Recruitment Program. MU Conference Center, 10 a.m.-2 p.m.
- Tuesday, Feb. 18 **A Place of Rage**. This film, by Pratlbha Parmar, is a celebration of African-American women and their achievements, featuring interviews with Angela Davis, June Jordan and Alice Walker. N 217, 12:10-12:50 p.m. Free. Co-sponsored by the Women's Resource Center.



- Wednesday, Feb. 19 **African Cultural Influence on American Culture**. Imam Faheem Shuaibe, author, radio and television host, will speak in Toland Hall, 12-1 p.m.
- Friday, Feb. 21 **African American Vendors Faire**. MU Conference Center, 11 a.m.-3 p.m.
- Saturday, Feb. 22 **UCSF Black Caucus Gala, Dinner and Dance**. Marriott Hotel in Burlingame, 6:30 p.m.-1 a.m. Tickets are $40.
- Wednesday, Feb. 26 **Travel Journal to Brazil, the Culture, the Place, and the People**. N 217, 12-1 p.m.

Blood Drive

January is Donor Awareness Month. The next UCSF blood drive is set for Wednesday, Jan. 29 at MU Conference Center, 500 Parnassus. 9 a.m.-5 p.m.

Blood donations are accepted weekdays, 8 a.m.-7:45 p.m., or Saturday, 9 a.m.-4:30 p.m., at UCSF's Blood Donor Center, Room 131, Long Hospital, 505 Parnassus. For information and appointments, call 476-6989.

Women's Programs

The Women's Resource Center sponsors workshops and events. Call 476-5222 to register or for more information.

- Saturday, Jan. 11 **Speak Out: Vocal Technique and Presentation Skills**. Ruth Rainero, a specialist in voice pedagogy and performance, will teach participants how to use voice and body language for maximum effect. C 130, 9 a.m.-4 p.m. Fee is $45-$60 sliding scale.
- Thursday, Jan. 16 **Advocating for Domestic Partner Benefits**. A panel that includes Marylin Dodd, professor of physiological nursing and chair of the Chancellor's Advisory Committee on Gay, Lesbian and Bisexual issues, and Tom Ammiano, San Francisco Supervisor, will discuss a domestic partner benefits policy that has been proposed for the UCSF campus. N 217, 12:10-12:50 p.m. Free.
- Saturday, Jan. 18 **Advanced Car Care**. Peg Lum, an auto repairwoman, teaches basic tune-up skills. "Basic Car Care" is a prerequisite for this workshop. 1000 Grand Ave., Oakland, 9 a.m.-4 p.m. Fee is $45-$60 sliding scale.
- Saturday, Feb. 8 **Powerful, Non-Defensive Communication**. Sharon Ellison, a therapist and consultant for 30 years, teaches participants to state positions clearly and confidently, and sets boundaries that hold people accountable for their own behavior. C 130, 9 a.m.-4 p.m. $50.
- Saturday, Feb. 22 **Basic Home Repair**. Marcia Rayene, an electrician, teaches basic electrical wiring and repair skills. N 417, 9 a.m.-4 p.m. Fee is $45-$60 sliding scale.
- Saturday, March 8 **Women's Health 2000**. See special events above.

Healing Arts & Sciences

The Institute of Healing Arts & Sciences offers a series of talks and workshops on alternatives in health care and healing. Talks held on Fridays at noon in Room N 721, 521 Parnassus. Call 330-5353 for more information.

Jan. 3 **Treatment of Depression**.

Jan. 10 **Energy Medicine**.

Jan. 17 **Preparation and Assistance for Death and Dying**.

Jan. 24 **The Journey Home: Dreamwork and the Inner Journey**. This lecture examines dreams as a path to self-discovery.

Jan. 31 **Babtiste Method of Yoga and Movement**.

Feb. 7 **A Case Well Taken is a Case Half-Cured**.

Feb. 14 **We Cannot Escape Our Destiny and It Is Divine**.

Feb. 21 **Chinese Energetic Healing**.

Feb. 28 **Body/Mind/Spirit in Harmony**.

March 7 **Health and Environment**.

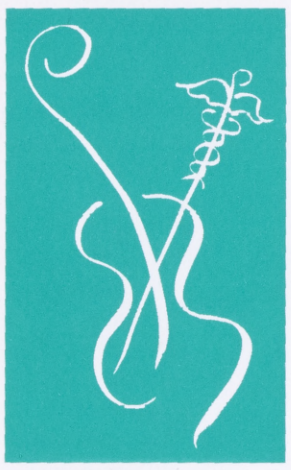
March 14 **Aging and the Human Spirit**.

March 21 **Energy Tune-Up Techniques for Conscious Self-Regulation of the Body**.

Arts & Entertainment

Cole Hall Cinema. Millberry Arts & Performances shows films Thursday through Saturday in Cole Hall, 513 Parnassus. Prices: $2 to $3.50. Call 476-2542 or search www.ArtsPerf.ucsf.edu for latest films and show times. Movies are subject to change. Films anticipated for winter 1997 include "First Wives Club," "Looking for Richard," "Sleepers," and "Get on the Bus."

UCSF Orchestra Performances.



- On Tuesday, Feb. 25, the orchestra performs Kerngold's "Sea Hawks," Mussorgsky/Ravel's "Pictures at an Exhibition," and a piano concerto featuring the winner of the UCSF Orchestra Piano Competition at MU Gym, 7:30 p.m. Tickets are $3 for children, $5 for adults, UCSF students are free.
- The orchestra performs a children's concert on Saturday, March 1 in MU Gym, 11 a.m.

Hospital Auxiliary Exhibits. Josephine Bovill's acrylics and water colors and Judy Sherman's watercolors will be on display from Dec. 30 through Jan. 27. Etchings by Alice Gibbons and Jim Meilander, as well as oil paintings by Andrew Thomas, will be exhibted from Jan. 27 through Feb. 24. Olivia Kuser's acrylic landscapes, and the watercolors of Josephine Bovill will be shown from Feb. 24 through March 24. Art is displayed throughout the Medical Center. Proceeds from sales benefit patients and their families. Call 476-4906.

Faculty/Alumni House Exhibit. From March 6 through May 30 water paintings, photography and stained glass works by Caroline Mota will be on display Monday through Friday, 8:30 a.m.-5 p.m., 745 Parnassus. A reception for the artist will be held March 6, 5-7:30 p.m.

Great Expectations

The UCSF Birth Center at 400 Parnassus sponsors many programs for expectant parents. For a schedule of additional birthing and parenting classes, and registration, call 476-6667.

- Tuesday, Jan. 7 and Monday, March 24 **Healthy Pregnancy**. Class covers physical and emotional changes, weight gain, diet, exercise, avoiding harmful chemicals, fetal development, stress reduction, and employment. Cost is $20 for one person, $25 for two.
- Wednesday, Jan. 15 **Childbirth Film Series Begins.** "Childbirth: An Introduction." Other films include "Childbirth Choices: Options for Labor and Birth," Wednesday, Feb. 12 and "Labor Support and Medication During Childbirth," Wednesday, March 5. For locations, call 476-MOMS.
- Friday, Jan. 31 and Wednesday, March 19 **Feeding Your Baby: Breastfeeding/ Formula Feeding**. This class for women in early pregnancy focuses infant feeding options. 3-4 p.m.
- Monday, Jan. 13 **Infant and Child Emergency Care**. Focuses on assessing the signs of illness, basic first-aid, and childproofing. $20 for one person, $25 for two. Call 476-6667 for location.
- Wednesday, Jan. 29 and Monday, March 17 **Refresher Childbirth Preparation**. For women who've given birth before, this class reviews labor process, breathing, relaxation techniques and medication options. $55. 6:30-9:30 p.m. For location, call 476-6667.

Brown Bag Lectures

UCSF Public Service Programs, part of Public Affairs, offers free weekly lectures on Wednesdays at 12:10 p.m. in N 225, 513 Parnassus (P); monthly on Thursdays in Room 125, UCSF/Mission Center Building (MCB), 1855 Folsom St.; and monthly on Tuesdays in Herbst Hall, UCSF/Mount Zion (MZ), 1600 Divisadero. Call 476-4394.

Jan. 8 **Combatting Procrastination in 1997**. (P)

Jan. 15 **The A.R.T. of Getting Pregnant in the 1990s**. (P)

Jan. 16 **Become a Savvy Consumer in 1997**. (MCB)

Jan. 21 **Effective Strategies to End Violence**. (MZ)

Jan. 22 **Reassessing the Dream**. (P)

Jan. 29 **Stress and Burnout**. (P)

Feb. 5 **Mad Cows, Laughing Cannibals and Prions**. (P)

Feb. 12 **Portrait of a Politician**. (P)

Feb. 18 **Pediatric Potpourri**. (MZ)

Feb. 19 **Digital Hearing Aids: Is This the Answer We've Been Waiting For?** (P)

Feb. 20 **The Ins and Outs of Care Giving**. (MCB)

Feb. 26 **Myths, Medication, Money and Aging**. (P)

March 5 **Sun and Shadow: A Legend in Her Own Time**. (P)

March 12 **Culture and Nursing Care: A Pocket Guide**. (P)

March 18 **What Every Woman Should Know About Pregnancy**. (MZ)

March 19 **Challenges Facing Women's Health Care**. (P)

March 20 **Working Women: You Owe it to Yourself**. (MCB)

March 26 **Hypertension: The Silent Killer**.(P)

Campus Tours

Public Service Programs provides free campus tours beginning at 1 p.m. on the first Friday of each month. Meet in the Moffitt/Long Hospital lobby, 505 Parnassus. Call 476-4394.

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February/March 1997
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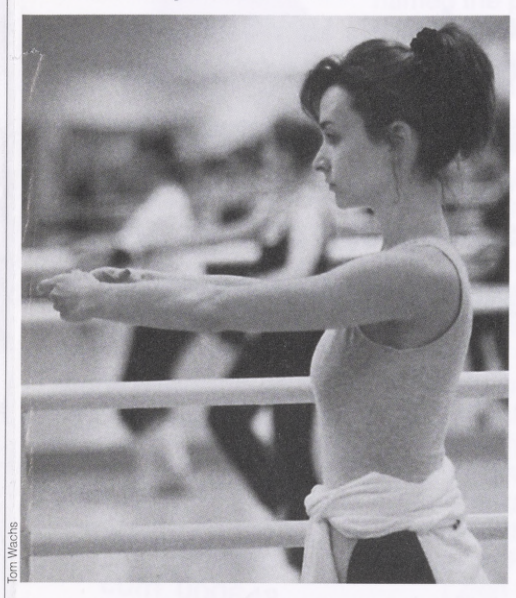
Recreation & Education

UCSF Millberry Fitness Center.



Tom Wachs

Features ongoing classes in arts, crafts, music, language, acting, cooking and more. The progressive wellness program offers classes in meditation, joint care, Feldenkrais, Pilates, tai chi, and yoga. Call 476-1115 for a catalog of classes.

Parnassus Players. This theater group invites community members of all skill levels to join them. Rehearsals are held on Tuesdays at UCSF Mission Center, 1855 FolsomSt., and on Thursdays at the Parnassus campus. Sponsored by Millberry Arts & Performances. Call 476-6761.

Community Health Education Series. The UCSF/Mount Zion Center on Aging offers free lectures on Saturdays, 8:30 a.m.-12:30 p.m. Registration required. For locations, call 750-5342. "A Morning on Women's Health" will be held Feb. 15. "A Morning on Men's Health" will be held March 15.

Outdoors Unlimited. A cooperative resource center for outdoor recreation and adventure offers Tahoe ski cabins for rent through April and rents outdoor equipment. OU Center, 550 Parnassus, under the UCSF library. Call 476-2078.

Volunteer Program

Volunteer Services acquaints prospective volunteers with opportunities available at the UCSF Medical Center. For dates, times and locations of Parnassus orientations, call 476-1196. Call 885-7353 for the UCSF/Mount Zion schedule.

Mount Zion Community Meetings

UCSF/Mount Zion holds meetings to keep the community apprised of activities of interest and to listen to neighborhood concerns. The next meeting will be held Tuesday, Jan. 28. Executive Board Room, 2nd floor, UCSF/Mount Zion, 1600 Divisadero. 7 p.m. Call 476-3206.

Please visit our Web site at www.ucsf.edu for upcoming events and other information about UC San Francisco.

UCSF

University of California San Francisco
Public Affairs
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Community group helps guide UCSF's development for the 21st Century

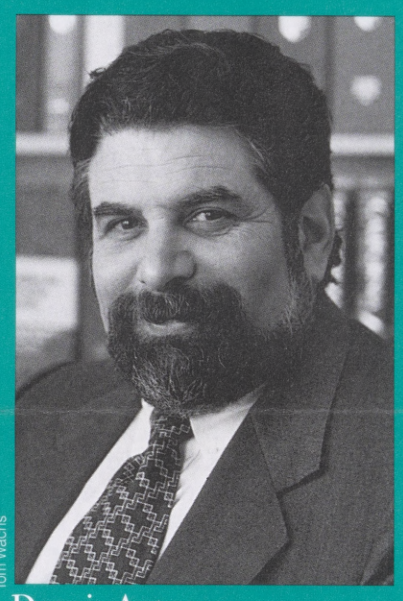
We used to see each other as enemies.

But, says urban consultant Aileen Hernandez, after four years discussing UCSF's future development plans, neighbors and University officials identified their "shared interests."

Hernandez was part of a 35-member community advisory group (CAG) which, along with University administrators, faculty and staff advisers, co-authored 160 goals and objectives included in UCSF's 300-page long range development plan (LRDP). The document, which will be voted upon by the UC Regents in mid-January, will serve as a guide to UCSF's growth for the next 15 years.

The lack of public controversy surrounding the proposed LRDP is worth mentioning, for it marks a major shift in what historically has been a turbulent relationship between the University and its neighbors.

Barbara Bagot-López, community relations manager for UCSF, couldn't agree more. "We were tired of being bad neighbors. We wanted UCSF to grow, but not to the detriment of our neighbors," she says.



Tom Wachs

Dennis Antenore

In forming the CAG, Bagot-López explains, the University sought to bring together citizens who represented differing communities and opinions. "It was not intended to be a 'rah rah' group of people, and as a result, I think we achieved valuable dialogue," she says.

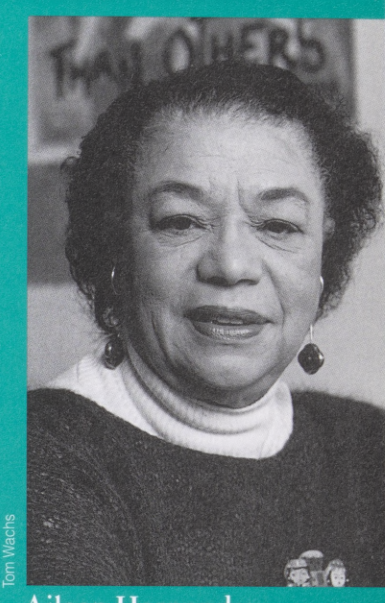
CAG member Agar Jaicks, a retired neighbor of the Parnassus campus, worries about parking and affordable housing shortages, and increased traffic. Though he and other homeowners are pleased that their property values have increased as a result of UCSF's proximity, Jaicks fears this may make it too costly for some families to remain in the neighborhood.

Nonetheless, the University's need for more space does not fall on deaf ears, Jaicks says. "They need to decompress those research centers," he avers. "They're putting people out in hallways and closets to do work that's going to make life better for all of us."

Alleviating congested research and teaching buildings on Parnassus, and establishing a second major campus in the Bay Area are at the top of UCSF's to-do list. "The fact is, Parnassus is just too crowded," says Chancellor Joseph Martin. "We need to provide additional space for research elsewhere in the Bay Area as well as consolidate UCSF units that are scattered throughout San Francisco. And, I believe this can be done with the support of our neighbors."

With input from CAG members, UCSF has agreed to monitor environmental safety, preserve affordable housing, and protect neighborhoods from unwanted traffic. In addition, planning principles were established to optimize economic opportunities for minority, women-owned, disadvantaged and neighborhood businesses. These and other issues are addressed in the goals and objectives of the LRDP, copies of which are available to the public.

But perhaps the most profound result of creating the CAG was to foster lasting two-way communication between the University and the community.



Tom Wachs

Aileen Hernandez

Dennis Antenore, an attorney who says he was "wary" of UCSF prior to joining CAG, described the process as "extremely successful," especially the University's quick response in 1994 to concerns from neighbors about noise generated by the construction of a campus utilities plant.

To address these concerns, design specifications were added to reduce current and future noise levels, at an additional cost of $4 million to the $51 million project. "This proved the value of public process," he says. "When you don't have a good public process, your project is going to be stymied because people are going to find things that they don't like."

CAG member Gloria Bonilla, executive director of Centro Latino, a senior services agency, says the collaboration between UCSF and the CAG is "a model to be followed" for all public projects.

"Public institutions and private corporations would do well to establish such a winning community involvement process. Both the University and the community benefited from this collaboration," Bonilla says. Though the LRDP advisory process is over, she says future CAGs will be essential for UCSF "to maintain an ongoing relationship with the community and to anticipate issues and concerns of the community."

Tom Wachs

Gloria Bonilla

An advisory group to carry on the CAG's mission is being planned and will be formed following approval of the LRDP.

Hernandez says that by incorporating community members in decision-making processes UCSF is on the right track toward avoiding public controversy, such as the battle that arose over UCSF's move to Laurel Heights.

"I think people want to be supportive of the University, but not without feeling there is an open process through which they can communicate," she says. "I think the CAG process certainly had that result."

— Brad Foss

The UC Regents will hold a public hearing on the proposed LRDP Thursday, Jan. 16 at Laurel Heights campus, 3333 California St. Regents will vote on the plan Friday, Jan. 17.

The final LRDP and its environmental impact report can be obtained beginning Wednesday, Jan. 8. Call Michelle Schaefer, UCSF Campus Planning, 1855 Folsom St., Suite 566, at 476-2911 or Barbara Bagot-López, UCSF Public Affairs, 3333 California St., Suite 103, at 476-3206.

To Our Neighbors
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UCSF and Stanford combine patient care services

SFGH enhances diabetes outreach at family dental clinic

UCSF improves community relations with advisory group

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University of California San Francisco
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To Our Neighbors

AIDS patients respond well to growth hormone

AIDS patients who took daily injections of human growth hormone gained a significantly greater amount of weight, particularly lean body mass, than patients on placebo, researchers report.

Results of a new multicenter trial coordinated by researchers from UCSF also show that patients on growth hormone performed significantly better on treadmill tests at the end of the three-month study, indicating an improvement in functional performance.

"Our results clearly demonstrate that growth hormone can help AIDS patients with wasting to gain lean tissue and lose fat," says Morris Schambelan, MD, a UCSF professor of endocrinology at SFGH and principal investigator in the study. "The magnitude of this response varies from individual to individual, and we are currently unable to predict who will benefit most. Patients who continue to take growth hormone, eat well, and are free of opportunistic infections, have gained up to 40 pounds over a two-year period."

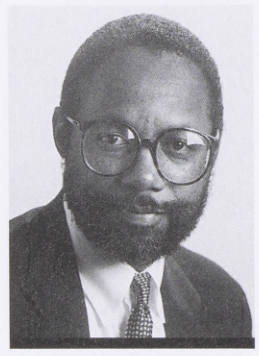
Published in the Dec. 1 issue of the Annals of Internal Medicine, the study was sponsored by Serono Laboratories, which makes mammalian cell-derived human growth hormone.

UCSF gets $7 million grant to study hysterectomies

UCSF has received a $7 million grant to study treatment decisions among women who have non-cancerous uterine conditions and to compare health outcomes for women who have a hysterectomy with those who receive non-surgical treatment.

In the US, nearly 600,000 women each year have hysterectomies, making it the second most common major surgical procedure after Cesarean. By the age of 60, 37 percent of all American women have undergone hysterectomy, and nearly 90 percent of all hysterectomies are done in women with non-cancerous conditions, such as endometriosis, fibroids, uterine prolapse and pelvic pain.

"In the majority of women, the goal of surgery is to control uterine bleeding or pelvic pain," says A. Eugene Washington, professor and chair of the UCSF department of Obstetrics, Gynecology and Reproductive Sciences. "However, hysterectomy has not been shown to be more effective and safer than medical management in controlling these symptoms."



Eugene Washington, MD

To explore hysterectomy-related issues regarding decision making and health outcomes, the Department of Health and Human Services' Agency for Health Care Policy and Research has funded two studies to be conducted by UCSF faculty. Women will be recruited from UCSF's clinics and other sites.

"The combined knowledge from both studies will form the foundation for establishing materials and methods to counsel patients effectively and aid clinicians with the ultimate goal of optimizing women's satisfaction with treatment choices and improving their quality of life," Washington says.

Drug therapy sharply reduces post-surgical heart trouble

Researchers at the San Francisco VA Medical Center and their colleagues have reported the first successful preventive drug therapy to help prevent post-surgical heart complications.

Of the 30 million Americans who undergo surgery each year, as many as one million suffer heart attacks or other cardiac complications after the operation, with a half million dying in the following two years.

Researchers headed by Dennis T. Mangano, MD, PhD, found that intensively treating high risk surgical patients with "beta blocker" drugs during hospitalization reduced their risk of dying during the next two years by more than 50 percent. "These results are dramatic and I believe are a mandate to change the way we treat patients at high risk for cardiac complications," says Mangano, director of the SF VAMC and UCSF professor of anesthesiology.

Mount Zion opens garage

A new public parking garage will open on Thursday, Jan. 2 at the UCSF/Mount Zion Medical Center campus.

Located on the lower levels of the new medical office building at the corner of Divisadero and Sutter, the garage will be open from 6 a.m. to 9 p.m. Monday through Friday and will be operated by the UCSF Parking & Transportation Department. Motorists can enter the garage from Sutter Street. Parking fees are $2 an hour, the same rate as on the Parnassus campus.